

2ParsliedCarrots45

Number of Servings: 45 (103.38 g per serving)

Amount	Measure	Ingredient
10.00	lb	Carrots, fzn, slices
3/4	tsp	Salt, table
7 1/2	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
7 1/2	Tbs	Parsley, dried

Nutrients per serving

Nutrition Facts		
Serving Size (103g)		
Servings Per Container		
Amount Per Serving		
Calories 50	Calories from Fat 20	
	% Daily Value*	
Total Fat 2.5g		4%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 125mg		5%
Total Carbohydrate 8g		3%
Dietary Fiber 3g		12%
Sugars 5g		
Protein 1g		
Vitamin A 230% • Vitamin C 4%		
Calcium 4% • Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Cook covered frozen carrots until just tender with salt in small amount of liquid. Drain off most liquid. Add margarine and parsley and toss lightly and serve.

1 serving = 1/2 cup = 4 oz spoodle = 1 serving vegetables

1/2 cup = 9 grams carbohydrate = 1/2 Carb Serving

Notes